



Toffee meringue pie

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



10

CALORIES



407 kcal

DESSERT

Ingredients

- 200 g butter cold cut into small pieces
- 1 egg whites for brushing
- 85 g butter
- 175 g g muscovado sugar light
- 300 ml milk
- 3 tbsp cornstarch
- 4 egg yolk
- 4 egg whites

- 200 g sugar

Equipment

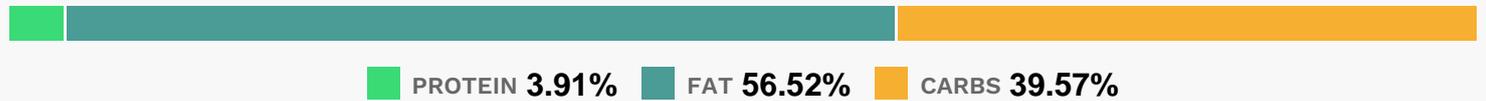
- bowl
- frying pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- For the pastry, tip the flour into a bowl, then rub in the butter with your fingertips until it resembles breadcrumbs.
- Add 4–6 tbsp cold water, bit by bit, until a dough is formed. Knead briefly on a floured surface. Shape into a ball, wrap in cling film and chill for 30 mins.
- Heat oven to 200C/180C fan/gas
- Roll the pastry on a floured surface into a circle large enough to line a 25cm tart tin with a slight overhang. Cover with tin foil and fill with baking beans.
- Place on a baking tray and bake for 15 mins before carefully removing the foil and beans.
- Brush liberally with egg white, place the pastry case back in the oven for 10 mins or until golden, then remove from the oven and trim the edges. Turn the oven down to 150C/130C fan/gas
- For the filling, melt the butter in a pan and stir in the sugar until dissolved completely. In a small bowl, add a little of the milk to the cornflour, working into a smooth paste.
- Pour remaining milk and cornflour paste into the butter mix, slowly bring to the boil and simmer for 2–3 mins, stirring continuously. Leave to cool slightly. If you've only thought of meringue pie as the lemon kind, then think again. Try making my version with toffee it involves a bit of work, but the result is spectacular. Beating all the time with a whisk, pour the milk mixture onto the egg yolks, then pour back into the rest of the milk. Stirring non-stop, bring to the boil and simmer for 2–3 mins until thick. Turn off the heat, but leave the mixture in the pan it must be hot when topped with the meringue.
- For the meringue, whisk the egg whites until they are stiff.

- Sprinkle in half the sugar and whisk again until stiff and shiny, adding the remaining sugar, 1 tbsp at a time and whisking until stiff again. Spoon the hot filling into the pastry case. Spoon the meringue over the top and bake for 35 mins until the meringue is golden and crisping up.
- Remove from the oven and allow to cool before eating. Best eaten on the day.

Nutrition Facts



Properties

Glycemic Index:20.81, Glycemic Load:14.52, Inflammation Score:-4, Nutrition Score:4.1356521378393%

Nutrients (% of daily need)

Calories: 406.54kcal (20.33%), Fat: 26.1g (40.16%), Saturated Fat: 15.91g (99.45%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 41.09g (14.94%), Sugar: 38.59g (42.87%), Cholesterol: 142.75mg (47.58%), Sodium: 228.68mg (9.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Vitamin A: 866.16IU (17.32%), Selenium: 8.3µg (11.86%), Vitamin B2: 0.16mg (9.41%), Calcium: 70.01mg (7%), Phosphorus: 69.43mg (6.94%), Vitamin B12: 0.37µg (6.16%), Vitamin E: 0.86mg (5.75%), Vitamin D: 0.73µg (4.86%), Vitamin B5: 0.41mg (4.14%), Potassium: 109.29mg (3.12%), Folate: 12.14µg (3.04%), Vitamin B6: 0.05mg (2.64%), Zinc: 0.33mg (2.21%), Vitamin B1: 0.03mg (2.13%), Vitamin K: 2.14µg (2.04%), Iron: 0.36mg (2%), Magnesium: 7.94mg (1.98%), Copper: 0.02mg (1.01%), Manganese: 0.02mg (1.01%)